Good News For Homemakers

The marvels of UHT milk

By SHIRLEY W. WALTON
Extension Agent

UHT IS HERE

UHT arrived during early summer in the dairy industry. UHT is not a creature from outer space, but a new way to handle fluid milk that allows it to be kept up to four months without refrigeration.

UHT means ultra-high temperature and it relates to the heat treatment given the milk before packaging in sterile, air-tight containers under aseptic conditions. This technique of preserving milk recently was introduced in the United States. Visitors to the Tennessee World's Fair last summer had a chance to taste it. This kind of milk has been used for several years in Europe, Canada and those countries without extensive refrigeration in the home or grocery stores.

During late spring and early summer, the milk began appearing on grocery shelves across Virginia.

Milk receiving UHT treatment is heated to between 280 degrees and 300 degrees Fahrenheit for between 4 and 20 seconds. This destroys micro-organisms that can limit the shelf life of fluid milk.

Coupled with aspetic packaging in hermetically sealed containers, milk keeps for four months at room temperature. In comparison, pasteurized milk now in the grocery stores is heated to between 161 and 170 degrees Fahrenheit for 15 to 20 seconds. It has a shelf life of 10 to 14 days if refrigerated properly.

Pasteurization destroys pathogens that may be present in raw milk and a major portion of micro-organisms that cause milk to spoil. Pasteurized milk is not sterile as is nearly the case with UHT milk. While keeping milk for an extensive time without refrigeration is an advantage, UHT milk does have some drawbacks. One disadvantage reported so far is that the UHT has less nutritional value than pasteurized milk.

This loss has been determined for the essential ammino-acid, Lysine, the water soluble Vitamins C and B12 and pholic acid. UHT treated milk has been reported to lose an average of 3.8% of the available Lysine. Other average losses reported 17.7% for Vitamin C, 16.8% for Vitamin B12 and 19.6% for Pholic acid. Much loss of these nutrients occurs with the typical pasteurization treatment.

A recent research study in Canada on the consumer's reaction to UHT milk points to other obstacles to its widespread use. Consumers lack knowledge about UHT milk. Some of those surveyed mistakenly felt that the milk must contain preservatives because it can be stored at room temperature for several weeks. Of course, this is not true.

Those surveyed also felt that UHT milk was not fresh as regular pasteurized milk. They place the flavor of UHT milk somewhere between pasteurized and evaporated milk. Because UHT milk was not available in refrigerated storage at the store, consumers also had difficulty in thinking of the UHT as a milk product. One thing marketing specialists in the dairy industry are looking at is the possibility of marketing flavored UHT milk products in vending machines to compete more vigorously with the soft drink industry.

Have you tried UHT milk? It is interesting and it is different. It is like going from whole milk to drinking skim milk. You have to acquire a taste for the difference that you will observe when sampling.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Mother's Tomato Relishs

4 cups chopped onions
8-10 cups green tomatoes (diced in ½" pieces)
4 cups chopped cabbage (½" pieces)
12 green peppers (6¼ cups chopped)
6 red peppers (sweet) 2-¾ cups chopped)
6 cups sugar
3-4 tablespoons mustard seed
2 tablespoons celery seed
1½ teaspoon tumeric
4 cups vinegar (cider vinegar)
2 cups water
½ cup salt

1. Chop all vegetables and soak overnight in water and salt in cool place.
2. Wash the vegetables with plenty of cold water. Drain vegetables well.
3. Heat vinegar, sugar, spices to boiling point and add vegetables.
4. Cool "along good" for aobut 20-30 minutes (until juice looks a little thick.
5. Put in jars while hot (not necessary to seal).

Yield: 6-9 pints

Many thanks to Mrs. Colleen Whitaker for sharing this delicious recipe with us. Mrs. Whitaker, from Farmville, Va. is the mother of Jeanne Clabough. Because of many requests, we are again sharing this recipe with you.

Cheese, butter, to be given away

The Appomattox County Department of Social Services will distribute cheese, butter and powdered milk on Tuesday, Sept. 13 at 9 a.m. at the Depot on Main Street.

Due to USDA cutback, only recipients of food stamps, medicaid and Aid To Dependent Children will be eligible. Food stamp or medicaid will be needed for verification.

Food will be distributed on a first come, first served basis.

REVIEWING USE OF WATER TESTING KIT are, left to right, Virginia Federation of Garden Clubs President, Millie Beecher; Larry Blades, U. S. Forest Service; Grace Fields, Virginia Federation of Garden Clubs State Environmental Education Chairman and David Coffman, Westvaco Public Affairs Forester. (Photo by Bill Sherrod)

Garden Clubs get lowdown on natural resources week

VESUVIUS VA - More than 50 people interested in natural resources management and the environment came from all areas of Virginia to attend an intensive four-day environmental education workshop, which introduced the participants to some of the processes involved in solving environmental problems.

The workshop was organized by the Virginia Federation of Garden Clubs (VFGC) with Grace O. Fields of Palmyra serving as Chairman. The VFGC Nature Camp in the George Washington National Forest near Lexington was the workshop site, August 18-21.

All workshop participants use the process approach to learning by conducting "hands on" field investigations of wildlife, habitat, watershed, soils, forests and urgan areas. These ecosystems are investigated both individually and as small groups, sharing discoveries and conclusions through group discussions. In the process approach, group leaders are not teachers, but rather facilitators who encourage self-discovery.

Facilitators included Mrs. Thomas C. Lacey, the National Council of State Garden Clubs Chairman for Environmental Education from Holly Springs, Mississippi; Mrs. J.E. Barnette, National Council Facilitator from Greenwood, South Carolina; Larry Blades of the U.S. Forest Service and Mrs. Steven Mann, Virginia Environmental Education Workshop Advisor from Powhatan.

The 1983 workshop received a grant from the Virginia Environmental Endowment and was also sponsored by Westvaco, DuPont, Phillip Morris, The Chesapeake Corporation, Continental Forest Industries and C & P Telephone.

Mrs. Albert S. Beecher, VFGC President, commented that the purpose of the workshop is to teach methods for environmental problem solving. Participants are encouraged to use skills taught at the workshop to investigate facts, fully understand the problems and then develop practical solutions to environmental problems within their communities. David Coffman, Public Affairs Forester with Westvaco, assisted with the workshop sessions on handling environmental issues on a local level.

Through these workshops Garden Clubs are planting the seeds of knowledge and awareness which will bear fruit by fostering better stewardship and cooperation in solving environmental problems.

The VFGC has over 11,000 active members statewide and is affiliated with the National Council of State Garden Clubs, the largest organization of gardening in the world. The organization has a long history of involvement in environmental education and has conducted environmental awareness workshops since 1973.

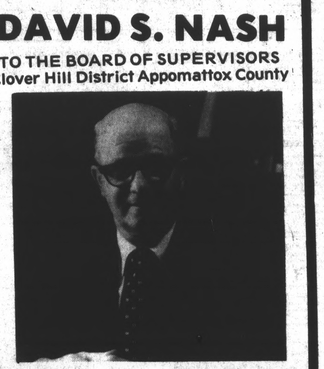
DE planning a "Success" class

The secret of success is no secret now! If your job brings you into contact with people on a regular basis, then you will benefit from discovering those things which create a postive first impression. The Marketing and Distributive Education Department at Appomattox County High School is now accepting registration for "Contact: Making Positive First Impressions". This three hour seminar covers basic human relations skills and is a "must" for those in selling or supervision.

The class will be held on September 12, 1983 at 7 p.m. in room 305 of the high school. The cost is $3.00 per person. The instructor will be Mr. Rodney Williams, Adult DE Specialist. Mr. Williams is a consultant with the Distributive Education Service of the State Department of Eduction.

For more information or to register for the class, please call Mr. John McHale, Appomattox County High School Distributive Education Coordinator, at 352-8317.

ELECT
DAVID S. NASH
TO THE BOARD OF SUPERVISORS
Clover Hill District Appomattox County



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Triangle Shopping Center Appomattox, Va.
Shoe Show

The South 40

Cattle market is weaker now

By JAMES A. SMITH
Extension Agent

The cattle market has been progressively weaker as the summer proceeded. Last week's Holstein Sale was no different; prices ranged from 30 to 40 cents. Looks like a long fall for cattlemen.

Over the years, it's been my observation that the organized sales are the way to sell when cattle prices are depressed. When cattle are high, you can sell them anywhere.

There will be a Yearling Sale today, Thursday, in Lynchburg.

* * *

We've had several calls inquiring where posts could be carried and custom treated. I'm sure there are other locations, but Cove Creek Industries on U.S. 29 beyond Lovington will peel and pressure treat posts for $165 per 180 ft. cord, which should run 100 to 110 posts.

* * *

There are some corn fields where silage is being removed that have some trouble-some weeds. Johnsongrass needs to get a shot of Roundup. Neal fields, in particular, may have had an abundance of dewberry and blackberry. They need to be sprayed now with one quart Banvel plus two quarts 2,4-D. With the dry weather, don't be disappointed if the full control isn't obtained, but suppression should be good. Allow three weeks before seeding rye for next years sod planting.

* * *

Talking about sod planting, the best corn that I've seen this year is on the Sam Martin Farm. He planted Pioneer 3898 in corn/ragweed stubble. It could yield 18 tons of silage with excellent grain quality.

This year should help prove the value of sod planted corn. Better get rye seeded on 1984 corn land as soon as possible.

* * *

Don't be surprised to see a lot of herbicide injury on small grain next spring. Conditions are near ideal. Plowing would help.

* * *

Recommended small grain varieties date for 1983-84 is now available. If you would like a complete review of the varieties and the data, pick-up a copy from this office.

Following is a listing of recommended varieties for "South of the James" arranged in order of maturity.

Oats - Southern States 76-30, Coker 716, Cumberland, Pennwin.

Barley - Harsoy, Sussex, Surry, Henry, Maury.

Wheat - Coker 916, Coker 747, McNair 1003, Massey, Wheeler, Feland, Pioneer 2550, Scotty and Tyler.

Among the oat varieties, Cumberland is the least winter hardy. Coker 716 and SS 76-30 are the top yielding varieties, the earliest and the shortest.

In the barley varieties there isn't much difference in yield between Surry, Henry and Maury. Sussex was the highest yielding variety, early, but more susceptible to winter injury. Barzoy is the earliest, but hasn't yielded particulary well in recent years.

The wheat varieties have a new leader called Feland from Southern States. Seed will be in short supply--plant it if you can get seed. Scotty is a release from Illinois and seed will be difficult to locate. Massey is the only variety with Hession fly resistance. Tyler, Coker 916 and Massey have yielded about 60 bu. per acre over the past three years.

The new research shows higher wheat yields when seeded in 4 inch rows and when seed are sowed 10 to 15 seed per foot of row and a press wheel used for good soil/seed contact. For 60 to 80 bushels of wheat, you'll need 120 pounds of nitrogen from "all" sources.

10 to 15 seed per foot of row equals less than a bushel of seed per acre. Over seeding is a major problem when wheat is seeded October 10-20--the proper time.

ASCS Today

By TOM CONRAD

USDA Issues Interim Rule Amending Minor Tobacco Regulations - The U.S. Department of Agriculture recently amended several regulations governing the marketing quota program for fire-cured, dark air-cured, Virginia sun-cured, cigar-binder and cigar-filler and binder tobaccos.

The amendments are designed to carry out provisions of the No Net Cost Tobacco Program Act of 1982 and provide that:

--Beginning with the 1983 crop, producers will be subject to a penalty for marketing minor tobaccos produced on a farm ineligible for price support because the farm operator or other producer on the farm has not agreed to contribute to the no net cost tobacco account. The per-pound penalty will be 75 percent of the preceding marketing year's average market price per pound for the tobacco.

--If a marketing quota penalty is assessed, a lien in favor of the United States will be in effect until the penalty is paid. The lien will affect not only the tobacco in question but also any other tobacco subject to marketing quotas in which the person liable for the penalty has an interest.

--If a claim for marketing quota penalty has been filed by USDA against the lessor or seller, then a lease or sale of quota will not be approved by the county Agricultural Stabilization and Conservation Committee until the claim is satisfied or the lease or sale proceeds are applied against the claim.

The interim rule on the amendments was printed in the Aug. 19 Federal Register and the public has until Sept. 19 to submit comments.

Comments may be sent to the director, tobacco and peanuts division, USDA/ASCS, P.O. Box 2415, Washington, D.C., 20013. Comments will be available for public inspection in room 5750 of USDA's South Building during regular business hours.

BLACK MEMBERS OF CONGRESS, GOVERNORS TO MEET ON DROUGHT - Secretary of Agriculture John R. Block was to meet September 2 in Chicago with the governors and members of Congress from 26 drought-affected states to discuss problems brought about by this summer's continuing hot, dry weather.

He expected to receive a thorough briefing and evaluation of the drought's effects which he will forward to President Ronald Reagan.

Governors and members of Congress from the following states were invited to the meeting:

Arizona, Delaware, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia, West Virginia, Wisconsin.

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Volume 92 - Number 37 | Deadline: 2 p.m. Monday | Appomattox, (Va.) - Times-Virginian - September 14, 1983 | Phone: 352-8215 | One Section - 14 Pages

For crop damages

County seeks disaster status

The Appomattox County Board of Supervisors voted Monday night to formally request Gov. Charles S. Robb to declare Appomattox an agricultural disaster county.

The vote came after an in-depth discussion of the projected agricultural losses in the county for 1983.

In a letter to the Governor, Board Chairman Horace W. Coleman, Jr. noted that the estimated loss for 1983 in corn, soybean, tobacco, pasture and hay crops is more than $3.6 million.

Coleman also cited in his letter the extreme drought which has plagued this county, as well as the unusually large number of days in July, August and September which have had temperatures of 90 degrees or more.

In pointing out the estimated dollar loss for 1983, Coleman states in his letter that the $3,630,404 "constitutes a 59 percent loss of potential agricultural sales."

Ed Anderson, president of the Appomattox County Farm Bureau, presented Supervisors with a formal request that the Board pursue disaster status for Appomattox County. Anderson noted that the "severe drought situation in Appomattox County" has caused many farmers to have tremendous crop losses, and many farmers have had to feed their winter hay supply early because of dried up pastures.

"We would like to preserve agriculture as Virginia's largest industry by helping those producers who through no fault of theirs are experiencing financial difficulty," Anderson said in a letter explaining the Farm Bureau's reason for seeking the disaster status.

If Appomattox does become one of the growing number of counties in Virginia declared a disaster area by the Governor, it will become eligible for low-interest government loans to help the agricultural community recover from the devastating effects of the summer of 1983.

MISS DANA McGRATH, MISS APPOMATTOX 1983, was judged top winner in the Miss Appomattox Pageant, sponsored by the Woman's Club of Appomattox on Saturday evening, Sept. 10. She will represent Appomattox in the Miss Virginia Pageant to be held in Roanoke in July of next year. (Photo by Allen Austin).

vins pageant crown

Before a crowd of approximately 700 spectators, Miss Dana McGrath, 19, was crowned Miss Appomattox 1983 at the Miss Appomattox Pageant held on Saturday evening at the Appomattox County High School auditorium. The event was sponsored by the Appomattox Woman's Club.

A graduate of Appomattox County High School, Dana attended Bauder Fashion College and is employed by J.C. Penney. She is the daughter of William McGrath and Mrs. Renee B. Coupe. Dana's talent was singing and dancing.

First runner-up in the pageant was Miss Susan Kimberly Eye, sponsored by the Appomattox Hardware Co., Inc. Susan is 18, attends the College of William and Mary. She is the daughter of Mr. and Mrs. Bruce Eye of Appomattox. Her talent was singing.

Miss Susan Dexter Shorter, the daughter of Mr. and Mrs. William H. Shorter, Sr. of Appomattox was second runner-up. Susan, 20, was sponsored by Webb Tire Co., Inc. She is a graduate of Appomattox County High School and attends Averette College. Her talent was singing and dancing.

The title of Miss Congeniality went to Miss Lisa Dawn Thompson, sponsored by Amelia Dress Co. She is 19, a graduate of Floyd County High School and is employed by Nationwide Insurance Co. She is the daughter of Mr. and Mrs. Lewis R. Thompson. Her talent was singing.

Miss Lisa Jean Puckett, 18, sponsored by the Times-Virginian Printing Corp. was named Most Talented among non-finalists. The daughter of Mr. and Mrs. Junior Puckett, Lisa's talent was playing the piano.

Mistress of ceremonies for the event was Miss Beverly Cheryl Cooke, Miss Virginia 1982.

Miss McGrath will represent Appomattox in the Miss Virginia Pageant to be held on Roanoke in July of next year.

"I'd like to represent Appomattox the very best I can, not only at the Miss Virginia Pageant next year, but all during my reign as Miss Appomattox," said the new reigning Miss Appomattox.

Benefit is Saturday

Riders for the Saturday, Sept. 17, St. Jude Children's Research Hospital Wheels for Life Bike-a-thon are now asking Appomattox residents to back their efforts by pledging a contribution for each mile they ride.

"The money our riders earn will help continue the life-saving study of childhood cancer that has become so important to children all over the world," said Bike-a-thon chairman, Nancy May. "We'll be showing that we care about children by helping this cause. Please support your rides with a generous pledge, and then help them get the funds to us as soon as the ride is over."

"Each rider will be given a lap card when they register at the Appomattox County High School parking lot on September 17th," May said. At the end of the ride, we'll check it and sign it to show that the rider earned what the sponsor pledged. Riders will then return to the sponsors to collect the pledges."

"We'll also be giving them a hospital bracelet saying I'm riding for Terry' to wear during the ride. I'm sure most of them will still be wearing them while they make their collections." Terry is a St. Jude patient who represents all victims of illnesses under study at St. Jude Children's Research Hospital.

The ride starts at Appomattox County High School at 9 a.m. and takes place within the school parking lot. (Raindate is set for Sunday, Sept. 18, 1983, starting at 2 p.m.)

"If you have not been asked to sponsor a rider, please call 352-7335 after 5:30 p.m. and I will get one to call," Nancy May said. Riders can still obtain sponsor/registration forms at the primary, elementary and high schools or at American Federal Savings and Loan Association, Trianle Plaza Shopping Center, Appomattox, Va. 24522.

The Bike-a-thon is bieng sponsored locally by the Appomattox Junior Woman's Club.

Concord squad sets fundraiser

October is Fund Drive Month for the Concord Rescue Squad and the fun will get going on Saturday, September 17. The Concord Rescue Squad and the Concord Rescue Squad Woman's Auxiliary are sponsoring their annual Rummage Sale and Auction beginning at 9 a.m. and continuing until 6 p.m. at the Crew Hall on Route 460, Concord.

The doors open for the Rummage Sale at 9 a.m. From 9 a.m. until 11 a.m. Free Blood Pressure Screening will be available.

From 11 a.m. until 11:30 a Magic Show will take place with admission being only 50 cents.

At 11:30 it will be time to eat, either Eat In or Take Out. Featured on the menu will be Old Fashioned Brunswick Stew and Barbecue. Also available will be Ham Biscuits, Hot Dogs, Soft Drinks, Coffee, and Baked Goods.

Live entertainment will take place from 10:30 a.m. until 1 p.m. After the Calvary Puppet Show, the "Three In One", Chorus of the Blue Ridge, Lamplighter Quartet, and the Dutchman's Branch Band will add a festive atmosphere to the day.

It will be Auction Time at 1 p.m. with new and used items being auctioned off; among the items will be two calves, firewood, toys, furniture and many other items.

At 2 p.m. the drawing will take place; the lucky winners will take home a Quasar 19" color TV, $100 Afghan, $25 and two quilts.

The sale is only possible through donations of items from merchants and individuals. Anyone having items to be donated please call 993-2188 or 993-2094 or 993-3211.

Burke wins first grid contest

Van Burke of Appomattox was declared the winner last week after a coin toss, in the closest Times-Virginian Football Contest competition in recent memory.

Burke and six other contestants tied for top honors in the initial contest of the 1983 season, missing accurately predicting the outcomes of only three of the contest games. Burke and Rodney Thompson were still tied after the tiebreaker point-spread system had been computed: each had a point differential of 29 in predicting the exact scores of the VPI and Appomattox games.

In the coin toss to determine the winner, heads was assigned to Thompson and tails to Burke to determine the winner. Tails it was.

Other contestants besides Burke and Thompson who missed only three of the contest games were Frank S. Thomas, Penny Miller, Angie Thompson, Curtis S. Mayberry, Sr., and Bettye F. Williams.

Burke will receive a check for $20 as first prize for his winning effort in the contest, and Thompson will receive a check for $10 for his second-place finish.

The contests continues this week, with full details on rules and prizes on page 9 inside.

All systems 'go' for Fall Beef Festival today

All systems are go for the Appomattox Fall Beef Festival, slated to kick off today, Wednesday, at the Paradise Lake Campground off Route 460 west of the town of Appomattox.

As final preparations were being made late last week, festival chairman Ronnie Spiggle reminded those planning to attend the festival to be sure and bring their tickets. He said that no tickets will be sold at the gate.

The gate will open at 2:30, and festival activities will begin at 3, according to Spiggle.

Food will be served from 5 p.m. to 7 p.m., and the gate to the campground will be closed at 8 p.m.

The festival, which is sponsored by the Appomattox Lions Club as a fundraising event, will feature U.S. choice beef prepared in a variety of ways, as well as beverages, live music, and southern-style fellowship.

Proceeds from the event will be used to fund the Lions Club's charitable projects.

Father Darkleaf

By CALVIN ROBINSON

Now that the rush of activities connected with school opening have subsided and now that we are reconciled to the dire results of extended lack of rain, might as well settle down to make the most of what we have. If there is no grass to mower, there is football to watch. ACHS is going great, leading off the season with two wins. University of Virginia fans are estatic after a big win over Navy and being perched atop the standings in the Atlantic Coast Conference. Already yet. Ah yes, and Slippery Rock is on a winning streak, 34 to 17 over Dayton U.

* * *

If you are discouraged about world news and the constant massing of dangers, may I suggest you look up and read Rudyard Kipling's poem, "If."

* * *

Thanks to my friend, Mrs. Frances Schroeder, of Texas City, Texas, for a copy of the Galveston, Texas, Daily News of August 20, describing the awesome destruction following hurricane Alicia's visit to the area. Many pictures. Hurricane damage roughly estimated at some $300,000,000.

* * *

Among the incoming freshman at my alma mater, University of Richmond, is Michael Williams, son of our Mr. and Mrs. Floyd Williams.

* * *

Those who can afford travel will be interested in the 350th Anniversary Performance of the Passion Play in Oberammergau, Germany. Set for 1984.

* * *

The Martha Street terrapin, Pete, remains in the news. Ran over him with my lawnmower but he survived. Then came a bush hog to do my back lot and that, too, must have run over Pete. Anyway, I came upon Pete crawling out of hiding in a ditch on the next street and headed in the general direction of Buckingham.

* * *

Grandparent's Day was observed Sunday. Saw some proud grandparents wearing red roses at church Sunday, honored by the occasion. All Grandparents take a bow.

* * *

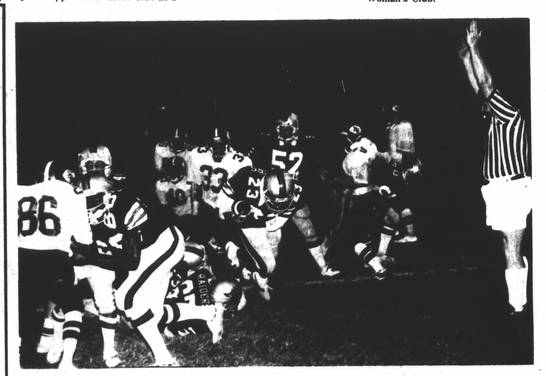
There is no end to the zeal of collectors. The 43rd. annual convention of the Rathkamp Matchcover Society was held recently in Claremont, California. More than a million collectible matchbooks were on display. It is claimed that this is the world's second largest hobby. I used to collect matchbook covers but stopped. Still have a few, including one from The White House. If you do not have a hobby, get one.

* * *

Notepad item: Gus Paulette, ACHS grad, is on the football squad at Hampden Sydney.

* * *

Thanks for letters from several readers. Helps a lot. And Thanks for reading. Seeya around.



TAILBACK STEVE "BOO" HAMLETT (number 23) crashes into the Randolph-Henry end zone for one of his three touchdowns in Friday night's 28-22 Appomattox football victory. Hamlett picked up 73 yards on 19 carries against Randolph-Henry. See details on sports page inside. (Photo by Bill Sherrod)